



**Denis "Woodja" Flanigan, Ph.D**  
**Licensed Psychologist**  
**Psychotherapist - Counselor**

## **Psychotherapy Houston**

### **Woodja Flanigan**



Woodja Flanigan is a Licensed Psychologist in private practice in Houston. He received his M.S. in Psychology and Ph. D. in Counseling Psychology from the University of Florida,. He has over 10 years experience in working with high school and college students and adults in counseling centers, community mental health settings, and private practice addressing a wide range of psychological issues.

Dr. Flanigan offers general psychotherapy, including treatment for a variety of challenging life issues including adjustment, bereavement, interpersonal relations, stress management, mild depression, mild anxiety, personal growth, and self-exploration. He specializes in life transitions, ranging from career counseling and retirement planning to coming out and gender re-assignment. He can assist you in dealing with current changes or obstacles in your life or in planning for your future.

His training and professional involvement has focused on minority communities of all kinds. In addition to clinical work and research with ethnic minorities, Woodja has acquired training in and experience in working with non-traditional minorities. He has frequently been asked to speak on gay and lesbian experience and mental health, transgender concerns, and body modification issues. He understands how important identification with or involvement in an "alternative lifestyle" can be to many individuals. He respects individuality and strives to create a safe and welcoming environment for all of his clients.

Dr. Flanigan has taught at Santa Fe Community College in Gainesville, FL, the University of Florida, and the University of Houston. He is an occasional adjunct faculty at the University of St. Thomas. He is actively involved in the his professional community and is a member of the American Psychological Association; the American Counseling Association; National Career Development Association; Association for



Gay, Lesbian and Bisexual Issues in Counseling; Association for Multicultural Counseling and Development; and the Houston Psychological Association. He is involved in his local community as a lifetime member of Misfits-Houston, in which he has served on the executive board for 6 years, including 3 years as President, and is Mr. Prime Choice Texas 2009 and Mr. Lonestar 21.

### **Individual psychotherapy**



Individual psychotherapy begins with an introductory session. During this session we will interview each other to determine the appropriateness of a working relationship and begin to develop our mutual expectations for the relationship and the work that we will do together. We will agree to a schedule and begin developing a plan of therapy that is right for you.

We will meet regularly and work toward the changes that you wish to see in your life, beginning with a formal interview in which I get a history of relevant aspects of your life. Therapy will be a combination of conversations revolving around your concerns and guided exercises intended to teach you new behaviors and to improve your self-understanding. Additionally, we may decide on activities for you to do between sessions so that you can integrate the work we do in session into the rest of your life. We will determine together what the best pace is and what the best techniques are to be used in the course of your therapy.

Change can be a difficult process and fear and frustration are a natural part of the process. I will stand alongside you through this journey, providing non-judgmental support and challenge, as we encounter your limitations and barriers and discover your strengths. This voyage will inevitably involve self-exploration and greater understanding of yourself. Through your efforts and my guidance, you may emerge to a place of resolution, contentment, and renewed motivation.

**For more information please visit <http://www.houston-psychologist.com>**